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### Physiologist to discuss exercise, health at UM

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# The University of Montana

## NEWS RELEASE

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Oct. 1, 1993

### **PHYSIOLOGIST TO DISCUSS EXERCISE, HEALTH AT UM**

#### **MISSOULA --**

An Arizona-based expert on exercise physiology will address the risks of disease among people who exercise regularly in a free public lecture Friday evening, Oct. 8, at The University of Montana.

Arizona State University Professor Christine Wells will discuss "Will Daily Exercise Make You Healthy?" at 7 p.m. in McGill Hall Room 215.

Wells, the author of "Women, Sport and Performance," has researched many areas of exercise physiology, including women and sports; fluid balance; temperature regulation; and the effects of exercise on cardiovascular diseases.

Her UM lecture is intended for students and professionals in sports medicine as well as area citizens who are interested in sports and health. Her UM visit is sponsored by the Northwest Chapter of the American College of Sports Medicine and UM's Department of Health and Human Performance. For more information, call Dan Graetzer, 243-2117.

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